

Southwestern Turkey Soup

Recipe modified by **Strive for Wellness**®

Servings: 8

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

- 1 1/2 cups shredded cooked turkey
- 4 cups vegetable broth
- 1 (28-ounce) can whole peeled tomatoes
- 1 (4-ounce) can chopped green chile peppers
- 2 Roma (plum) tomatoes, chopped
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tablespoon lime juice
- ½ teaspoon cayenne pepper
- ½ teaspoon ground cumin
- salt and pepper to taste
- 1 avocado - peeled, pitted and diced
- ½ teaspoon dried cilantro
- 1 cup shredded Monterey Jack cheese

Directions:

1. In a large pot over medium heat, combine turkey, broth, canned tomatoes, green chiles, fresh tomatoes, onion, garlic and lime juice. Season with cayenne, cumin, salt and pepper. Bring to a boil, then reduce heat and simmer 15–20 minutes.
2. Stir in avocado and cilantro, and simmer 15–20 minutes, until slightly thickened. Spoon into serving bowls, and top with shredded cheese

Nutrition Information:

Calories: 155, Total Fat: 6g (9.2%), Saturated Fat: 2g (10%), Protein: 5g



Reference:

Matthews, D. (2020). Southwestern Turkey Soup. Allrecipes. Retrieved from: <https://www.allrecipes.com/recipe/24392/southwestern-turkey-soup/>